



Grand Montréal

**Directory of Community and
Social Services**

MRC DE MARGUERITE-D'YOUVILLE



2-1-1



www.211qc.ca

Summary

Child and Family	1
Family Support	2
Maternity support and adoption	2
Community Action	3
Community development	4
Information and referral	4
Volunteering and volunteer centres	5
Education	7
Computer workshops	8
Dropout	8
Homework assistance and tutoring	8
Employment and Income	10
Business development	11
Employment support for youth	11
Government services	12
Tax clinics	12
Vocational rehabilitation and disability-related employment	13
Food	15
Community gardens and markets	16
Food Assistance	16
Government services	18
Municipal services	19
Health	22
Hospitals, CLSC and community clinics	23
Immigration and cultural communities	25
Government services	26
Indigenous Peoples	27
Government Services	28
Intellectual Disability	29
Autism, PDD, ADHD	30
Justice and Advocacy	31
Information and legal assistance	32
Material Assistance and Housing	33
Emergency	34
Housing cooperatives and corporations	34
Thrift stores	34
Mental Health and addictions	37
Self-help groups for mental health issues	38
Physical Disability	39
Mobility aids	40
Seniors	41
Community and Recreation Centres	42
Home support	43
Housing for seniors	44
Sports and Recreation	46
Community recreation centres	47
Libraries	47

Child and Family

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

Family Support

BOUSSOLE - CENTRE DE RESSOURCES À LA FAMILLE (LA)

298 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

514 929-2732

Website: www.crflaboussole.com

Email: crflaboussole@gmail.com

Services: Assistance to families. * Community daycare. * Premiers-pas program: pairing between families and volunteers to bring parents home support. * Workshops and conferences. * Information and referrals.

Eligibility: families

Capacity: 6

Coverage area: MRC Marguerite-D'Youville, Boucherville

Hours: administration and daycare: Monday and Wednesday 9h00 to 16h00

Fees: annual membership: free, daycare: \$3 for an hour, \$8 for 3 hours, \$15 for the day

Financing: provincial, fundraising campaigns, SACAI, municipal

Legal status: non-profit organization

CARREFOUR FAMILIAL DE SAINTE-JULIE

Pavillon Thérèse Savard-Côté, 477 Jules-Choquet Street, Sainte-Julie, Montérégie, QC, J3E 1W6

450 922-7179

Website: www.carrefourfamilialsj.org

Email: carrefourfamilial@live.ca

Services: Offers activities to mothers to be, children aged 0 to 5 years and parents of children between 0 to 17 years old. * Stimulation workshop for children aged 2 to 5 years old. * Prenatal and postnatal yoga. * Postnatal physical fitness. * Morning-conferences. * Daycare for children aged 0 to 5 years. * Financial aid available for daycare for families with low-incomes. * Scientific workshops for children aged 6 to 9 years. * Kindergarten preparatory workshop for children aged 4 years old.

Eligibility: families

Coverage area: Sainte-Julie

Hours: daycare: Tuesday, Thursday and Friday 9h00 to 16h00, 1 Wednesday on 2: 9h00 to 13h15, activity schedule based on program

Fees: variable prices for activities and services

Financing: fundraising campaigns, grants,

Legal status: non-profit organization

Maternity support and adoption

COMITÉ D'ALLAITEMENT MATERNEL

461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8

450 468-3530 ext. 64621

Website: www.calmement.org

Email: amicalment@netcourrier.com

Services: Group of volunteers offering prenatal and postnatal support and information on breastfeeding. * Monthly prenatal meetings. * CALM time: monthly conferences on various subjects.

Eligibility: new parents

Coverage area: Sainte-Julie, Varennes, Boucherville, Saint-Amable, Contrecoeur, Verchères, Calixa-Lavallée

Hours: breastfeeding clinic: Monday 9h00 to 11h00, prenatal classes: 1st Tuesday of the month 19h00 to 21h00, CALM time: variable, schedule available on Facebook

Fees: free

Financing: provincial, federal, municipal

Legal status: non-profit organization

Community Action

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Community development

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MARGUERITE-D'YOUVILLE

297 Principale Street, Suite 3, Saint-Amable, Montérégie, QC, J0L 1N0

450 685-1166

Website: www.cdcmmy.org

Email: info@cdcmmy.org

Services: Ensuring recognition, consolidation, growth and support of community development. * Consolidate community organizations to support local, social and socio-economic development.* Representation of common interests.* Reflection stimulation, consultation and information sharing.

Eligibility: community organizations

Coverage area: MRC Marguerite D'Youville

Hours: Monday to Thursday 8h30 to 16h30

Financing: Centraide, self-financing, provincial

Legal status: non-profit organization

REGROUPEMENT DES MAISONS DE JEUNES DU QUÉBEC, SECTION MONTÉRÉGIE

41 Montée Calixa-Lavallée, Suite A, Verchères, Montérégie, QC, J0L 2R0

450 583-5201 Fax: 450 583-5201

Email: adm.mdjvercheres@videotron.ca

Services: Regional dialogue. * Implementation and consolidation of youth centres.* Sharing of experiences.* Referral.

Eligibility: youth centres

Coverage area: Montérégie

Hours: Monday to Friday

Financing: provincial

Legal status: non-profit organization

SERVICE DE DÉVELOPPEMENT ÉCONOMIQUE DE LA MRC MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

450 583-3303 Fax: 450 583-5511

Website: www.margueritedyouville.ca

Email: dev.econo@margueritedyouville.ca

Services: * Entrepreneurs support through information, expert advice and technical assistance in order to find offices or financing, networks and assistance for exporting.* Access to different funds and financial services, particularly for young entrepreneurs, freelancers, and sustainable development companies.

Eligibility: start-up companies, growing companies, people starting a new company, social economy organizations

Coverage area: MRC de Marguerite D'Youville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: non-profit organization

Information and referral

CONTRECOEUR PUBLIC LIBRARY

5000 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-5901 ext. 238 Fax: 450 587-5855

Website: www.ville.contrecoeur.qc.ca

Email: bibliotheque@ville.contrecoeur.qc.ca

Services: Loan and consultation of books and documents. * Computers and Internet access.* Biblio-aidants.* Story time.* Workshops, conferences, contests, author meetings.

Coverage area: Contrecoeur

Hours: Tuesday 9h00 to 12h00, 13h00 to 17h00 and 18h30 to 20h30, Wednesday and Friday 13h00 to 17h00 and 18h30 to 20h30, Thursday 9h00 to 12h00 and 13h00 to 17h00, Saturday 10h00 to 12h00, Sunday 13h00 to 17h00, summer: closed on Sunday

Fees: residents: free

Legal status: municipal agency

SAINT-AMABLE PUBLIC LIBRARY

575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 649-3555 ext. 253 Fax: 450 649-0203

Website: www.st-amable.qc.ca/bibliotheque

Email: ftherrien@st-amable.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers and Internet access.* Book club for children.* Biblio-aidants.* Exhibitions, contests.

Coverage area: Saint-Amable

Hours: Monday to Wednesday 10h00 to 20h00, Thursday 12h00 to 20h00, Friday 12h00 to 17h00, Saturday 10h00 to 15h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

SAINTE-JULIE PUBLIC LIBRARY

1600 du Fer-à-cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

450 922-7070 Fax: 450 922-7077

Website: www.ville.sainte-julie.qc.ca/fr/278/Services_offerts

Email: biblio@ville.sainte-julie.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices.* Ipad loan.* Computer courses.* Biblio-aidants.* Story time.* Book club for children.* Youth volunteering.* Intergenerational reading activity.* Exhibitions, conferences and workshops.

Eligibility: children and adults

Coverage area: Sainte-Julie

Hours: Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

Volunteering and volunteer centres

CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 649-0604 Fax: 450 649-2301

Website: www.cebst-amable.org

Email: cebstam@videotron.ca

Services: * Emergency food assistance: distribution of bread and vegetables.* Collective kitchens.* Christmas baskets.* Community meals with recreational activities.* Meals-on-wheels.* Accompaniment and transportation for medical appointments and grocery-shopping.* Friendly visits.* Thrift store: clothing and household items.* Community hall.* Support for organizations.* Citizen mediation.* Caregivers support: respite.* Coffee-meetings.* Tax clinic.

Eligibility: people on a low income, seniors, disabled or ill people

Coverage area: Saint-Amable

Hours: Monday to Friday 8h30 to 16h30, bread and vegetables: Friday 10h30, meals: 2nd and last Wednesday of every month at 11h30, meals-on-wheels: Tuesday and Thursday mornings, collective kitchens: Tuesday and Thursday 13h00 to 16h00

Fees: bread and vegetables: \$8, community meals: \$5, meals-on-wheels: \$4.50

Financing: provincial, self-financing

Legal status: non-profit organization

ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE

695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8

450 649-8874 Fax: 450 649-1362

Website: www.lenvolee.org

Email: info@lenvolee.org

Services: * Promotion of volunteerism and assistance to organizations.* Meals on wheels.* Community meals, emergency meals for families in crisis and home support, community dinners for independent seniors and persons with slight loss of physical or cognitive autonomy.* Medical accompaniment and transportation.* Help and transport for shopping.* PAIR program and friendly visiting.* Loan of orthopedic devices.* Academic upgrading.* Tax Clinic.

Eligibility: seniors, people in loss of autonomy, caregivers, families, community organizations

Coverage area: Sainte-Julie

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: medical transportation: \$0,45 per kilometer, meals on wheel: \$5 per meals

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

Education

COMPUTER WORKSHOPS

DROPOUT

HOMEWORK ASSISTANCE AND TUTORING

Computer workshops

VARENNES PUBLIC LIBRARY

2221 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3
450 652-3949

Website: www.ville.varennes.qc.ca/activites-bibliotheque/bibliotheque

Email: biblio@ville.varennes.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Book club for adults. * Story time. * Computer classes. * Biblio-aidants. * Conferences, meetings.

Coverage area: Varennes

Hours: Monday 17h00 to 21h00, Tuesday and Wednesday 10h00 to 21h00, Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30

Fees: free for residents

Financing: municipal

Legal status: municipal agency

Dropout

MAISON DES ENFANTS DE VARENNES (LA)

98 D'Youville Street, Varennes, Montérégie, QC, J3X 1R1

450 929-1488 Fax: 450 985-1488

Website: www.mdevarennes.org

Email: infos@mdevarennes.org

Services: Services to families of children attending primary school. * Mail with primary school students in partnership with their school. * Conferences and workshops on parenting skills. * Homework help for children at risk of school failure of Varennes. * Recreational and educational material distribution in schools on topics of concern to children.

Eligibility: children aged 5 to 12 years old and their parents

Coverage area: Commission scolaire des Patriotes

Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 21h00

Financing: grants, fundraising campaigns, donations, provincial

Legal status: non-profit organization

Homework assistance and tutoring

MAISON DES JEUNES DE SAINTE-JULIE

1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5

450 649-7068

Website: mdjsaintejulie.com

Email: mdjsaintejulie@videotron.ca

Services: Place for meeting and prevention. * Community, social, cultural and sports activities. * Mediation for parents and teenagers: reception, listening, referral. * Homework assistance. * Outreach work. * Babysitting course.

Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Julie and surroundings

Hours: variable

Fees: free

Financing: provincial, municipal, federal

Legal status: non-profit organization

MAISON DES JEUNES DE VERCHÈRES

41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0

450 583-5201 Fax: 450 583-5201

Website: www.mdjvercheres.org

Email: adm.mdjvercheres@videotron.ca

Services: Living and meeting environment. * Cultural, sporting and artistic activities.* Active listening, referral.* Homework assistance.* Youth mediation.* Prevention workshops.* Citizen participation.* Outreach.* Babysitting training.

Eligibility: youth 12 to 17 years old

Coverage area: Verchères, Calixa-Lavallée

Hours: school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

Financing: provincial

Legal status: non-profit organization

Employment and Income

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT FOR YOUTH

GOVERNMENT SERVICES

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Business development

CONTRECOEUR - VILLE

5000 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-5901 Fax: 450 587-5855

Website: www.ville.contrecoeur.qc.ca

Services: Municipal service management. * Municipal tax management and payment.* Fire department.* Information on garbage collections.* Urban-planning department: construction permits.* Public work department: infrastructure maintenance.* Business startup assistance.* Le Noblet: municipal newsletter.

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h45, Friday 8h15 to 12h00

Legal status: municipal agency

MRC MARGUERITE-D'YOUVILLE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

450 583-3301 Fax: 450 583-3592

Website: www.margueritedyouville.ca

Email: infomrc@margueritedyouville.ca

Services: Administration of regional services. * Land use and urban planning.* Urban bylaws.* Management and protection of watercourse.* Economic development and support to enterprise: training, starting assistance, grants and networking. * Territories development fund.* Promotion of heritage, culture and tourism.

Coverage area: Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes and Verchères

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: municipalities, self-financing, provincial

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI MARGUERITE-D'YOUVILLE - CONTRECOEUR

933-A Armand-Frappier Boulevard, Varennes, Montérégie, QC, J3E 2N2

450 449-9541

Website: www.cjemy.com

Email: info@cjemy.com

Services: * Reception, information and referral.* Career guidance and development.* Academic and vocational information.* Job seeking strategies.* Youth entrepreneurship.* Placement assistance.* Return to school.* Youth projects.

Eligibility: people aged 16 to 35 years old

Coverage area: MRC Marguerite-D'Youville and Boucherville

Hours: Friday 8h30 to 12h00, by appointment only

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI MARGUERITE-D'YOUVILLE - SAINTE-JULIE

933-A Armand-Frappier Boulevard, Varennes, Montérégie, QC, J3E 2N2

450 449-9541

Website: www.cjemy.com

Email: info@cjemy.com

Services: * Reception, information and referral.* Career guidance and development.* Academic and vocational information.* Job seeking strategies.* Youth entrepreneurship.* Placement assistance.* Return to school.* Youth projects.

Eligibility: people aged 16 to 35 years old

Coverage area: MRC Marguerite-D'Youville and Boucherville

Hours: Friday 8h30 to 12h00, by appointment only

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI MARGUERITE-D'YOUVILLE - VARENNES

98 d'Youville Street, Varennes, Montérégie, QC, J3X 1R4

450 449-9541

Website: www.cjemy.com

Email: info@cjemy.com

Services: * Reception, information and referral.* Career guidance and development.* Academic and vocational information.* Job seeking strategies.* Youth entrepreneurship.* Placement assistance.* Return to school.* Youth projects.

Eligibility: people aged 16 to 35 years old

Coverage area: MRC Marguerite-D'Youville and Boucherville

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, by appointment only

Financing: provincial

Legal status: non-profit organization

Government services

SERVICES QUÉBEC - SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 92, Sainte-Julie, Montérégie, QC, J3E 1W8

1 877 644-4545 TTY: 1 800 361-9596

Website: www.monteregie.gouv.qc.ca

Services: * Information on government programs and services.* Self-service computer stations.* Services related to the Land Register of Quebec.* Administration-of-oath services.

Coverage area: Montérégie

Hours: in person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Legal status: provincial government agency

Tax clinics

ACTION BÉNÉVOLE DE VARENNES - TAX CLINIC

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1

450 652-5256

Email: abvarences@videotron.ca

Services: Tax clinic by appointment.

Eligibility: individuals or couples on a low income

Coverage area: Varennes

Hours: March 2 to April 20 2018, Friday 9h00 to 11h30 and 13h00 to 15h00 on site, Tuesday 13h00 to 16h00 at Bibliothèque de Varennes

Fees: \$10 per person

Financing: donations, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COUR - TAX CLINIC

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: Tax clinic by appointment.
Eligibility: people on a low income
Coverage area: Contrecoeur
Hours: March and April: Monday to Friday 8h00 to 16h00
Fees: \$5 per person
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - TAX CLINIC

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 Fax: 450 649-2301
Website: www.cebst-amable.org
Email: cebstam@videotron.ca
Services: Walk-in tax clinic open all year.
Eligibility: people on a low income, immigrants, people with disabilities or seniors
Coverage area: Saint-Amable
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: voluntary contribution
Financing: provincial, self-financing
Legal status: non-profit organization

COMITÉ D'ENTRAIDE DE VERCHÈRES - TAX CLINIC

579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0
450 583-5888
Services: Walk-in tax clinic.
Eligibility: individuals and families on a low income
Coverage area: Verchères, Calixa-Lavallée
Hours: clinic 2018: Tuesdays, March 6 to April 24 10h00 to 11h30
Fees: \$5
Financing: self-financing
Legal status: non-profit organization

ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE -TAX CLINIC

695 montée Sainte-Julie, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874 Fax: 450 649-1362
Website: www.lenvolee.org
Email: info@lenvolee.org
Services: Tax clinic by appointment.
Eligibility: people on a low-income
Coverage area: Sainte-Julie
Hours: by appointment
Fees: \$5
Financing: fundraising campaigns, provincial
Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

OPEX SAINT-AMABLE

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
438 394-3777
Website: www.opexemploi.com
Email: info@opexemploi.com

Employment and Income

Services: Job assistance service for people with a criminal record. * Assessment and skills transfer.* CV redaction, orientation and career choice.* Job integration.* Job posting and searching, searching advices.

Eligibility: adult with a criminal record

Coverage area: South Shore

Hours: on appointment only

Financing: provincial, grants

Legal status: non-profit organization

Food

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

Community gardens and markets

SAINTE-JULIE - LOISIRS

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

450 922-7122

Website: www.ville.sainte-julie.qc.ca/fr/210/Parcs_et_lieux_dactivites

Email: loisirs@ville.sainte-julie.qc.ca

Services: * Sports and recreational activities.* Community centre, swimming pools, arena, ice rinks, parks, sports fields.* Community garden.* Summer day camp.* Parties, shows and events.

Coverage area: Sainte-Julie

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 13h00

Fees: variable

Legal status: municipal agency

Food Assistance

COMITÉ D'ENTRAIDE DE VERCHÈRES

579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0

450 583-5888

Email: pierrettedavid@hotmail.com

Services: * Food assistance.* Christmas baskets.* Les Trésors de Madeleine: sale of clothing, household items, decoration and small appliances.* Tax clinic.* Pairing service for appliance and furniture collection: transportation from one point to another.

Eligibility: individuals and families on a low income

Coverage area: Verchères, Calixa-Lavallée

Hours: Les Trésors de Madeleine: Wednesday and Friday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Thursday 17h30 to 18h30

Fees: pairing for furniture collection: \$35 for appliances, free for people who are unemployed

Financing: self-financing

Legal status: non-profit organization

MAISON DE L'ENTRAIDE SAINTE-JULIE

1999 Nobel Street, Suite 2, Sainte-Julie, Montérégie, QC, J3E 1Z7

450 649-4569

Email: maisonentraide@videotron.ca

Services: * Second-hand clothing, household items, sports equipment and toys depot.* Distribution of food vouchers.* Christmas baskets.* Distribution of school supplies.* Donation to people in need from Sainte-Julie after assessment.

Eligibility: people in need, depot: open to all

Coverage area: Sainte-Julie

Hours: Wednesday 13h00 to 16h00, Thursday and Friday 12h00 to 19h00, Saturday 10h00 to 15h00

Financing: self-financing, donations, provincial

Legal status: non-profit organization

PARTAJOIE SAINTE-JULIE

Église Sainte-Julie, 1686 Principale Street, Basement, Sainte-Julie, Montérégie, QC, J3E 1A9

514 240-4743

Email: partajoie@hotmail.com

Services: * Food bank.

Eligibility: people on a low income

Coverage area: Sainte-Julie

Food

Hours: registration: Monday to Wednesday 18h00 to 20h00, distribution: Thursday 12h30 to 13h00

Fees: box: \$5

Financing: self-financing, provincial

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

Municipal services

CALIXA-LAVALLÉE - LOISIRS

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

450 583-6470 ext. 5 Fax: 450 583-5508

Website: www.calixa-lavallee.ca

Email: loisirs@calixa-lavallee.ca

Services: * Sports and recreational activities.

Fees: variable

Legal status: municipal agency

CALIXA-LAVALLÉE - MUNICIPALITÉ

771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0

450 583-6470 Fax: 450 583-5508

Website: www.calixa-lavallee.ca

Email: info@calixa-lavallee.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection.

Hours: Monday to Thursday 8h30 to 16h30

Legal status: municipal agency

CONTRECOEUR - SERVICE LOISIR ET CULTURE

4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-5901 ext. 201 Fax: 450 587-7104

Website: www.ville.contrecoeur.qc.ca

Email: infoleisir@ville.contrecoeur.qc.ca

Services: * Community, sociocultural and sports activities. * Multifunctional centre, swimming pool, arena, parks, ice rinks, sports fields. * Summer day camp. * Spring break activities. * Art purchase program. * Neighbourhood parties. * Room rental.

Coverage area: Contrecoeur

Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h45, Friday 8h15 to 12h00

Fees: variable

Legal status: municipal agency

RÉGIE INTERMUNICIPALE DE POLICE RICHELIEU - SAINT-LAURENT

1578 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A2

9-1-1 Fax: 450 922-8881

Website: www.police-rsl.qc.ca

Services: Respond to the safety needs of the public. * Protect the lives and property of citizens. * Maintain peace and public safety. * Prevent and combat crime. * Enforce the laws and regulations in effect. * Criminal record check-up.

Coverage area: MRC Marguerite-D'Youville, MRC de la Vallée-du-Richelieu: Saint-Mathieu-De-Beloeil, Beloeil, McMasterville, Saint-Basile-le-Grand, Carignan, Chambly, Otterburn Park, Saint-Jean-Baptiste, Mont-Saint-Hilaire, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, MRC de Rouville: Richelieu, Saint-Mathias-Sur-Richelieu

Hours: 24 hours, 7 days

Financing: municipal

Legal status: municipal agency

SAINT-AMABLE - LOISIRS CULTURELS ET SPORTIFS

575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 649-3555 ext. 251 Fax: 450 649-2171

Website: www.st-amable.qc.ca/activites-evenements

Email: loisirs@st-amable.qc.ca

Services: * Sports, sociocultural and recreational activities.* Swimming pool, parks, sports fields, ice rinks.* Summer day camp.* Room rental.* Events, parties and shows.

Coverage area: Saint-Amable

Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 17h00

Fees: variable

Legal status: municipal agency

SAINT-AMABLE - MUNICIPALITÉ

575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 649-3555 Fax: 450 922-0728

Website: www.st-amable.qc.ca

Email: ville@st-amable.qc.ca

Services: Municipal service management. * Municipal tax payment.* Dog license.* Information on garbage collection.* Fire department.* Urban-planning department: construction permits.* Public work department: infrastructure maintenance.

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h30

Legal status: municipal agency

SAINTE-JULIE - CITY

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

450 922-7111

Website: www.ville.sainte-julie.qc.ca

Email: clientele@ville.sainte-julie.qc.ca

Services: Municipal service management. * Municipal tax payment.* Fire department.* Information on garbage collection.* Public work department: infrastructure maintenance.* Urban-planning department: construction permits.

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 20h00, Friday 8h00 to 16h30, summer: Monday to Thursday 8h00 à 12h00 and 13h00 to 20h00, Friday 8h00 to 16h00

Legal status: municipal agency

VARENNES - SERVICE RÉCRÉATIFS ET COMMUNAUTAIRES

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

450 652-9888 ext. 0 Fax: 450 652-6029

Website: www.ville.varennes.qc.ca

Email: loisirs@ville.varennes.qc.ca

Services: * Sports and recreational activities.* Aquatic complex, parks, arena, ice rinks, swimming pools, community centre, sports fields.* Summer day camp.* Room rental.* Events and parties.

Coverage area: Varennes

Hours: Monday to Friday 8h00 to 12h00 and 13h15 to 16h30

Fees: variable

Legal status: municipal agency

VERCHÈRES - CITY

581 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

450 583-3307 Fax: 450 583-3637

Website: www.ville.vercheres.qc.ca

Email: mairie@ville.vercheres.qc.ca

Government services

Services: Municipal service management. * Municipal tax payment. * Fire department. * Information on garbage collection. * Public work department: infrastructure maintenance. * Urban-planning department: construction permits.

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

Legal status: municipal agency

VERCHÈRES - LOISIRS ET CULTURE

581 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

450 583-3307 Fax: 450 583-3637

Website: www.ville.vercheres.qc.ca/citoyens/services-municipaux/loisirs-et-culture

Services: * Sports and recreational activities. * Swimming pool, ice rinks, parks, playgrounds. * Summer day camp. * Events.

Coverage area: Verchères

Fees: variable

Legal status: municipal agency

Health

HOSPITALS, CLSC AND COMMUNITY CLINICS

Hospitals, CLSC and community clinics

CLSC DES SEIGNEURIES DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8410 Fax: 450 468-8411

Website: www.santemonteregie.qc.ca

Services: Frontline services for health and social services. * Routine health and social services.* Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.

Coverage area: Contrecoeur

Hours: Monday 7h00 to 9h30, Tuesday and Thursday 8h30 to 12h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE

555 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 468-5250 Fax: 450 922-5251

Website: www.santemonteregie.qc.ca

Services: Frontline services for health and social services. * Routine health and social services.* Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.

Coverage area: Saint-Amable

Hours: Monday, Tuesday, Wednesday and Friday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00, 13h00 to 16h30 and 17h30 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8

450 468-3670 Fax: 450 922-4833

Website: www.santemonteregie.qc.ca

Services: Frontline services for health and social services. * Routine health and social services.* Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.

Coverage area: Sainte-Julie

Hours: Monday, Tuesday, Thursday 7h00 to 12h00 and 13h00 to 17h00, Wednesday 7h00 to 12h00 and 13h00 to 20h30, Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES

2220 René-Gauthier Boulevard, Varennes, Montérégie, QC, J3X 1T6

450 677-2917 Fax: 450 652-9902

Website: www.santemonteregie.qc.ca

Services: Frontline services for health and social services. * Routine health and social services.* Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.

Coverage area: Varennes

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES

90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0

450 583-3700

Website: www.santemonteregie.qc.ca

Health

Services: Frontline services for health and social services. * Routine health and social services.* Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.

Coverage area: Verchères

Hours: Monday to Thursday 13h00 to 16h30, Friday 7h00 to 16h30

Financing: provincial

Legal status: parapublic organization

Immigration and cultural communities

GOVERNMENT SERVICES

Government services

SERVICES QUÉBEC - SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 92, Sainte-Julie, Montérégie, QC, J3E 1W8

1 877 644-4545 TTY: 1 800 361-9596

Website: www.monteregie.gouv.qc.ca

Services: * Information on government programs and services. * Self-service computer stations. * Services related to the Land Register of Quebec. * Administration-of-oath services.

Coverage area: Montérégie

Hours: in person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Legal status: provincial government agency

Indigenous Peoples

GOVERNMENT SERVICES

Government Services

SERVICES QUÉBEC - SAINTE-JULIE

461 Saint-Joseph Boulevard, Suite 92, Sainte-Julie, Montérégie, QC, J3E 1W8

1 877 644-4545 TTY: 1 800 361-9596

Website: www.monteregie.gouv.qc.ca

Services: * Information on government programs and services. * Self-service computer stations. * Services related to the Land Register of Quebec. * Administration-of-oath services.

Coverage area: Montérégie

Hours: in person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Legal status: provincial government agency

Intellectual Disability

AUTISM, PDD, ADHD

Autism, PDD, ADHD

ASSOCIATION PANDA LES DEUX-RIVES

4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-2667 ext. 4

Website: www.pandalesdeuxrives.com

Email: pandalesdeuxrives@gmail.com

Services: * Support.* Telephone listening.* Promotion of the development of adapted services.* Coffee meetings.* Family activities.* Conferences, information workshops.

Eligibility: parents of children with an attention deficit disorder with or without hyperactivity

Coverage area: MRC Marguerite-d'Youville, MRC Pierre-De Saurel, service points in Varennes, Sorel-Tracy, Sainte-Julie and Contrecoeur

Financing: donations, fundraising campaigns

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR

4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-2667

Website: www.coopcontrecoeur.com

Email: info@coopcontrecoeur.com

Services: * Youth clinic: evaluation, information, consultation and reference.* Medical clinic without appointment.* Chiropractic clinic.* Orthotist.* Nutritionist/Dietitian.* Psychologist specialized in clients with attention deficit disorder.* Foot care.

Eligibility: youth clinic: 12 to 18 years old

Coverage area: South shore of Montréal

Hours: youth clinic: Monday to Friday 16h00 to 19h30, regular services: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00

Fees: individual member: \$80 (does not apply to the Youth Clinic)

Financing: self-financing

Legal status: non-profit organization

Justice and Advocacy

INFORMATION AND LEGAL ASSISTANCE

Information and legal assistance

MRC DE MARGUERITE-D'YOUVILLE - COUR MUNICIPALE RÉGIONALE

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

450 583-3435 Fax: 450 583-6575

Website: margueritedyouville.ca/cour-municipale-regionale

Email: cour@margueritedyouville.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Ticket payment or contestation.* Recovery of unpaid amounts.

Coverage area: MRC de Marguerite-D'Youville

Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

Material Assistance and Housing

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

THRIFT STORES

Emergency

VARENNES - CITY

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

450 652-9888 Fax: 450 652-4349

Website: www.ville.varennes.qc.ca

Email: citoyens@ville.varennes.qc.ca

Services: Municipal service management. * Municipal tax payment. * Fire department. * Information on garbage collection. * Public work department: infrastructure maintenance. * Urban-planning department: construction permits. * Dog license. * Emergency notification system.

Hours: Monday to Friday 8h00 to 12h00 and 13h15 to 16h30

Legal status: municipal agency

Housing cooperatives and corporations

OFFICE MUNICIPAL D'HABITATION DE SAINT-AMABLE

894 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 649-7979 Fax: 450 649-7640

Email: p.beaudry@beaudryliouhcpa.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis program.

Eligibility: low income families and retirees

Capacity: families: 12 units and retirees: 10 units

Coverage area: Saint-Amable

Hours: Monday to Friday 9h00 to 17h00

Fees: 25% of income with a minimum rent

Legal status: non-profit organization

Thrift stores

ASSOCIATION DES FAMILLES DE VARENNES

175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5

Website: www.afvarennes.com

Email: info@afvarennes.com

Services: * Family encounters. * Les Frimousses: parents-children meetings. * Flea market (2 times a year). * Activities and outings.

Eligibility: families

Coverage area: Varennes

Hours: Frimousses: Tuesday and Thursday 9h00 to 11h00

Fees: members: \$25 per year

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - USED ITEMS RECOVERY

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 649-0604 Fax: 450 649-2301

Website: www.cebst-amable.org

Email: cebstam@videotron.ca

Services: Donation pick-up at home and on-site: non-perishable food, clothing, household items, toys, leisure equipment and books.

Eligibility: people on a low income, immigrants, people with disabilities or seniors

Coverage area: Saint-Amable

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, self-financing

Legal status: non-profit organization

ENTRE AILES STE-JULIE

1611 A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7

450 649-0658

Website: www.entreailes.org

Email: entreailes@entreailes.org

Services: Women's centre. * Active listening, counselling and meetings.* Support group.* Information and referral.* Workshops and classes.* Coffee-chats.* Documentation centre.* Thrift store: clothing and jewelry.

Eligibility: women

Capacity: 300

Coverage area: Sainte-Julie, Saint-Bruno-de-Montarville, Saint-Amable, Boucherville, Varennes, Verchères, Contrecoeur, Calixa-Lavallée

Hours: Monday 13h15 to 16h30, Tuesday to Friday 8h30 to 12h00 and 13h15 to 16h30, thrift store: Thursday 9h00 to 18h00 and Friday 9h00 to 17h00

Fees: members: maximum \$15 per year

Financing: provincial, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE JOLI-COEUR (LA)

4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-2965 Fax: 450 587-8343

Website: www.maisondelafamillejolicoeur.com

Email: info@maisondelafamillejolicoeur.com

Services: * Parent-child workshops.* Childcare.* Preschool.* Homework assistance for 1st to 3rd grades.* Baby first aid course.* Information and referral.* Seasonal flea market.

Eligibility: parents with children 0 to 5 years old

Coverage area: CLSC des Seigneuries

Hours: Monday to Friday 9h00 to 17h00, childcare: Monday to Friday 8h30 to 16h00

Fees: variable according to activities

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

MRC DE MARGUERITE D'YOUVILLE - ÉCOCENTRE SECTEUR NORD

4111 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 583-3301 ext. 242 Fax: 450 583-3592

Website: margueritedyouville.ca/environnement/gestion-des-matieres-residuelles/ecocentre

Email: infomrc@margueritedyouville.ca

Services: Deposit, sorting and recovery site for residual materials. * Electronic and computer appliances.* Motorized and refrigeration equipment.* Household hazardous waste (paint, oil, batteries, propane, etc.)* Tires.* Household items, large objects.* Building materials (asphalt, brick, metal, concrete, glass, etc.)* Recyclable materials.* Green residues, wood.* Expired car seats.* Donation and low-price sale of used materials and household items.

Eligibility: citizens

Coverage area: MRC Marguerite-d'Youville, Saint-Antoine-sur-Richelieu

Hours: April to November: Wednesday to Saturday 8h00 to 16h00

Fees: according to materials

Financing: municipal, self-financing

Legal status: municipal agency

MRC DE MARGUERITE-D'YOUVILLE - ÉCOCENTRE SECTEUR SUD

1975 de l'Énergie Road, Varennes, Montérégie, QC, J3X 1P7

450 583-3301 ext. 242 Fax: 450 583-3592

Website: margueritedyouville.ca/environnement/gestion-des-matieres-residuelles/ecocentre

Email: infomrc@margueritedyouville.ca

Services: Deposit, sorting and recovery site for residual materials. * Electronic and computer appliances.* Motorized and refrigeration equipment.* Household hazardous waste (paint, oil, batteries, propane, etc.)* Tires.* Household items, large objects.* Building materials (asphalt, brick, metal, concrete, glass, etc.)* Recyclable materials.* Green residues, wood.* Expired car seats.* Donation and low-price sale of used materials and household items.

Eligibility: citizens

Coverage area: MRC Marguerite-d'Youville, Saint-Antoine-sur-Richelieu, Saint-Marc-sur-Richelieu

Hours: April to November: Tuesday, Wednesday, Friday, Saturday and Sunday 8h00 to 16h00, Thursday 8h00 to 18h00, November to April: Thursday to Saturday 8h00 to 16h00

Fees: according to materials

Financing: municipal, self-financing

Legal status: municipal agency

OUVROIR DE VARENNES (L')

40 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1

450 652-9130

Services: Collection and selling of used clothing and other used items to low prices. * Financial assistance: fees for medication, health services, homemaking, assistance for school supplies, childcare, electricity, rent.* Donations to organizations for food assistance.

Eligibility: people on a low-income

Coverage area: Varennes

Hours: Tuesday 16h00 to 18h00, Wednesday and Thursday 13h00 to 15h00

Financing: self-financing

Legal status: non-profit organization

Mental Health and addictions

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Self-help groups for mental health issues

ARC-EN-CIEL DES SEIGNEURIES - GROUPE D'ENTRAIDE EN SANTÉ MENTALE (L')

274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7

450 985-0522 Fax: 945 985-0805

Email: acsghesm@videotron.ca

Services: Self-help network promoting social integration and end isolation. * Self-help group.* Monthly planning of activities and therapeutic workshops for well-being.

Eligibility: adults living with a mental health issue

Coverage area: Varennes, Sainte-Julie, Saint-Amable, Contrecoeur, Verchères, Calixa-Lavallée, Boucherville

Hours: Monday to Thursday 9h00 to 16h30, nights and weekends occasionally

Fees: membership card: \$5

Financing: donations, PSOC

Legal status: non-profit organization

PHOBIES-ZÉRO

1821 Lavoisier Street, Sainte-Julie, Montérégie, QC, J3E 1X5

1 866 922-0002 Fax: 450 922-5935

Website: www.phobies-zero.qc.ca

Email: admin@phobies-zero.qc.ca

Services: Support and self-help groups for people living with anxiety disorders. * Self-help group and anxiety disorder management workshop list available on the website.* Phone listening.

Eligibility: adults and youth 12 years old and over with anxiety disorders such as obsessive-compulsive disorder, their families and relatives

Coverage area: self-help groups in Montréal and surroundings: Granby, Laval, Montréal, Repentigny, Saint-Hubert, Saint-Jérôme, Sainte-Julie et Sainte-Thérèse

Hours: helpline: Monday to Friday 9h00 to 21h00, administration: Monday to Thursday 8h00 to 16h00, self-help groups: Monday to Thursday 19h30 to 21h30

Fees: annual membership: \$20, meetings: \$5

Financing: provincial, donations, self-financing

Legal status: non-profit organization

Physical Disability

MOBILITY AIDS

Mobility aids

SOS HANDICAPÉS

194 Liébert Street, Varennes, Montérégie, QC, J3X 2J8

450 985-1279 Fax: 450 465-2937

Website: www.soshandicapes.org

Email: soshandicapes@hotmail.com

Services: * Financial assistance for adapted equipment. * Financial assistance for respite services.

Eligibility: children with disabilities, seniors with a loss of autonomy

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Financing: fundraising campaigns, donations

Legal status: non-profit organization

Seniors

COMMUNITY AND RECREATION CENTRES

HOME SUPPORT

HOUSING FOR SENIORS

Community and Recreation Centres

ASSOCIATION LE BEL ÂGE DE VARENNES

2016 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E9

450 929-4807

Email: lebelage@videotron.ca

Services: * Social and recreational activities for seniors: pool, petanque, line dancing, bowling, bingo, card games, outings and musical brunch.

Eligibility: seniors 50 years and over

Coverage area: Varennes

Hours: variable

Fees: membership: \$8

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227 Fax: 450 401-1151

Website: www.cabcontrecoeur.ca

Email: cab.contrecoeur@videotron.ca

Services: * Regular and emergency food assistance.* Meals-on-wheels.* Christmas baskets.* Community meals.* Used clothing and furniture depot.* Transportation for medical appointments and for shopping.* Friendly visits.* Equipment loan: crutches, walkers.* Information and referral.* Citizen mediation.* Tax clinic.* PAIR program.* Assistance with government forms.

Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h30 to 16h00

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES

1045 Marie-Victorin Boulevard, Verchères, Montérégie, QC, J0L 2R0

450 583-3032

Services: Promotion of home care for seniors. * Medical transportation and accompaniment.* Tour of a bank, grocery store and drugstore.* Cultural and recreational activities with transportation.* Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.

Eligibility: seniors 55 years and over, fully or partially autonomous

Coverage area: Verchères and Calixa-Lavallée

Fees: equipment loan: free, transportation: \$5 suggested contribution

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

CONTACT'L DE VARENNES

2016 René-Gauthier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1G6

450 652-0004

Email: contactl@bellnet.ca

Services: Support, listening and meeting centre. * Workshops, outings and thematic conferences.* Information and referral.* Committee of women living with a disability: recreational and social activities.

Eligibility: women 65 years and over, women living alone, women living with a physical or visual disability, other women

Coverage area: Varennes and surroundings

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: membership: \$15 per year, activities: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - VARENNES

Portageur Park Building, 12 de la Criée Street, Varennes, Montérégie, QC, J3X 1E9

450 670-5027 Fax: 819 821-8044

Website: www.usherbrooke.ca/uta/prog/mtg/stl/

Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 29 university branches for people aged 50 years and over. *

Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.

Eligibility: people 50 and over, no prior degree is required

Coverage area: Montérégie

Fees: variable tuition according to the activity, compulsory student fee, donations are optional

Financing: donations, grants

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - VARENNES

Vaudreuil-Dorion Public Library, 51 Jeannotte Street, Varennes, Montérégie, QC, J7V 6E6

450 670-5027 Fax: 819 821-8044

Website: www.usherbrooke.ca/uta/prog/mtg/vsl/

Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 29 university branches for people aged 50 years and over. *

Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.

Eligibility: people 50 and over, no prior degree is required

Coverage area: Montérégie

Fees: variable tuition according to the activity, compulsory student fee, donations are optional

Financing: donations, grants

Legal status: non-profit organization

Home support

ACTION BÉNÉVOLE DE VARENNES

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1

450 652-5256

Email: abvarennes@videotron.ca

Services: * Transportation or accompaniment to medical appointments.* Food assistance.* Meals-on-wheels.*

Collective kitchens.* Relevailles: in-home respite for young mothers.* Friendly visits.* Tax clinic.

Eligibility: people in need

Coverage area: Varennes

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Financing: donations, grants

Legal status: non-profit organization

Housing for seniors

CENTRE D'HEBERGEMENT DE CONTRECOEUR

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-2492 Fax: 450 587-8411

Website: www.santemonteregie.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

Eligibility: seniors and people with a loss of autonomy

Capacity: 68 people

Coverage area: Montérégie

Hours: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT LAJEMMERAIS

60 d'Youville Street, Varennes, Montérégie, QC, J3X 1R1

450 652-2995 Fax: 450 468-8329

Website: www.santemonteregie.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.*

Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

Eligibility: seniors and people with a loss of autonomy

Coverage area: Varennes

Financing: provincial

Legal status: non-profit organization

HABITATIONS SAINT-AMABLE (LES)

1005 Normandie Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 433-0710

Services: Subsidized housing for people on a low-income 60 years and over.

Eligibility: seniors over 65 years old or people with a slight disability

Coverage area: Saint-Amable

Hours: on appointment with the janitor

Fees: 25% of the income based on provincial notice of assessment

Financing: grants, self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CONTRECOEUR

5095 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-5691 Fax: 450 587-5185

Email: omhcontrecoeur@videotron.ca

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis program.

Eligibility: low income senior of 60 years old and over

Capacity: 35 low income housing

Coverage area: Contrecoeur

Financing: self-financing, municipal and provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINTE-JULIE

Confidential Address

450 441-4474

Email: bois.michel@videotron.ca

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM).

Eligibility: seniors on a low or a moderate income

Capacity: 20 units

Coverage area: Sainte-Julie

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE VARENNES

Confidential Address

514 726-0092

Email: omh_vareennes@videotron.ca

Services: Manage and administer housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.

Eligibility: low and moderate income single individuals, seniors and families

Capacity: 29 units

Coverage area: Communauté métropolitaine de Montréal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE VERCHÈRES

601 Baillargé Street, Verchères, Montérégie, QC, J0L 2R0

450 583-3563

Email: omhvercheres@b2b2c.ca

Services: Manage and administer housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.

Eligibility: low and moderate income seniors

Capacity: 50 units

Coverage area: Verchères

Hours: Monday to Thursday morning only

Legal status: non-profit organization

RÉSIDENCE FLORENTINE DANSEREAU

21 Saint-Pascal Street, Verchères, Montérégie, QC, J0L 2R0

450 583-0022 Fax: 450 583-6761

Email: info@resfd.com

Services: Non-profit seniors' residence. * Secure units for people with loss of cognitive autonomy or Alzheimer's. * 24-hour attendant, visiting doctors and nurses. * Drug supervision, call bells, internal elevators. * Housekeeping chores, clothing and bedding maintenance. * Hairdressing, Community hall, Library. * Meals with table service. * Cameras, generator. * Masses. * Recreational activities.

Eligibility: seniors who are independent or with reduced physical or cognitive autonomy (Alzheimer's)

Capacity: 68 units

Coverage area: Province of Québec

Hours: office: Monday to Friday 8h00 to 16h30

Fees: variable depending on the units and services, grant opportunity for people on a low-income, as well as home support credit for all residents

Financing: donations, fundraising campaigns, self-financing

Legal status: non-profit organization

Sports and Recreation

COMMUNITY RECREATION CENTRES

LIBRARIES

Community recreation centres

MAISON DES JEUNES DE CONTRECOEUR

1400 des Saules Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-2830

Website: www.mdjc.org

Email: piaulecontrecoeur@gmail.com

Services: Meeting place, support and referral for youth. * Sports activities: hockey cosom weekly.* Cultural activities.* Volunteering.

Eligibility: youth 12 to 17 years old

Coverage area: Contrecoeur

Hours: Tuesday to Thursday 18h00 to 21h00, Friday 15h30 to 17h00 (youth in Grade 6 only) and 18h00 to 23h00 (regular clientele), Saturday 14h00 to 17h00 and 18h00 to 23h00

Fees: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

MAISON DES JEUNES DE VARENNES

135 Chemin du Petit Bois, Varennes, Montérégie, QC, J3X 1P7

450 652-6941

Website: www.mdjvarennnes.net

Email: info@mdjvarennnes.net

Services: Meeting place. * Social, recreational, cultural and sporting activities.* Listening, counseling, support and social work.

Eligibility: boys and girls 12 to 17 years

Coverage area: Varennes

Hours: Monday to Friday 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

Financing: municipal, provincial, federal, self-financing

Legal status: non-profit organization

SOCIÉTÉ POUR L'ÉPANOUISSEMENT DES JEUNES DE ST-AMABLE (LA)

915 Normandie Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 922-3673

Email: mdjstamable@videotron.ca

Services: Meeting place, services and referral. * Organization of sporting, cultural and volunteering activities.* Citizen participation activities.* Student café.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Amable

Hours: during school: Wednesday to Friday 15h00 to 21h00, Saturday 13h00 to 21h00, Student Café: Tuesday to Friday 12h30 to 13h30, summer time: Monday to Friday 13h00 to 21h00

Fees: free

Financing: municipal, provincial, fundraising campaigns, self-financing, donations

Legal status: non-profit organization

Libraries

VERCHÈRES PUBLIC LIBRARY

36 Dalpé Street, Verchères, Montérégie, QC, J0L 2R0

450 583-3309 Fax: 450 583-3637

Website: www.reseaubiblioduquebec.qc.ca

Email: vercheres@reseaubibliomonteregie.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access.* Story time.* Conferences, exhibitions and workshops.

Coverage area: Verchères

Hours: Tuesday 13h00 to 17h00 and 19h00 to 21h00, Wednesday 15h30 to 17h00 and 19h00 to 21h00, Thursday 9h30 to 12h00 and 15h30 to 17h00, Friday 15h30 to 17h00, Saturday 9h30 to 15h30, summer: Tuesday and Wednesday 13h00 to 17h00 and 19h00 to 21h00, Thursday 10h00 to 15h00, Saturday 9h00 to 13h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

Alphabetical Index

ACTION BÉNÉVOLE DE VARENNES	43
ACTION BÉNÉVOLE DE VARENNES - TAX CLINIC	12
ARC-EN-CIEL DES SEIGNEURIES - GROUPE D'ENTRAIDE EN SANTÉ MENTALE (L')	38
ASSOCIATION DES FAMILLES DE VARENNES	34
ASSOCIATION LE BEL ÂGE DE VARENNES	42
ASSOCIATION PANDA LES DEUX-RIVES	30
BOUSSOLE - CENTRE DE RESSOURCES À LA FAMILLE (LA)	2
CALIXA-LAVALLÉE - LOISIRS	19
CALIXA-LAVALLÉE - MUNICIPALITÉ	19
CARREFOUR FAMILIAL DE SAINTE-JULIE	2
CARREFOUR JEUNESSE-EMPLOI MARGUERITE-D'YOUVILLE - CONTRECOEUR	11
CARREFOUR JEUNESSE-EMPLOI MARGUERITE-D'YOUVILLE - SAINTE-JULIE	11
CARREFOUR JEUNESSE-EMPLOI MARGUERITE-D'YOUVILLE - VARENNES	12
CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR	42
CENTRE D'ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COUR - TAX CLINIC	12
CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE	5
CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - TAX CLINIC	13
CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - USED ITEMS RECOVERY	34
CENTRE D'HEBERGEMENT DE CONTRECOEUR	43
CENTRE D'HEBERGEMENT LAJEMMERAIS	44
CLSC DES SEIGNEURIES DE CONTRECOEUR	23
CLSC DES SEIGNEURIES DE SAINT-AMABLE	23
CLSC DES SEIGNEURIES DE SAINTE-JULIE	23
CLSC DES SEIGNEURIES DE VARENNES	23
CLSC DES SEIGNEURIES DE VERCHÈRES	23
CLUB SAINT-LUC DE VERCHÈRES	42
COMITÉ D'ALLAITEMENT MATERNEL	2
COMITÉ D'ENTRAIDE DE VERCHÈRES	16
COMITÉ D'ENTRAIDE DE VERCHÈRES - TAX CLINIC	13
CONTACT'L DE VARENNES	42
CONTRECOEUR - SERVICE LOISIR ET CULTURE	19
CONTRECOEUR - VILLE	11
CONTRECOEUR PUBLIC LIBRARY	4
COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR	30
CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MARGUERITE-D'YOUVILLE	4
ENTRE AILES STE-JULIE	35
ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE	6
ENVOLÉE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE - TAX CLINIC	13
HABITATIONS SAINT-AMABLE (LES)	44
MAISON DE L'ENTRAIDE SAINTE-JULIE	16
MAISON DE LA FAMILLE JOLI-COEUR (LA)	35
MAISON DES ENFANTS DE VARENNES (LA)	8
MAISON DES JEUNES DE CONTRECOEUR	47
MAISON DES JEUNES DE SAINTE-JULIE	8
MAISON DES JEUNES DE VARENNES	47
MAISON DES JEUNES DE VERCHÈRES	8
MRC DE MARGUERITE D'YOUVILLE - ÉCOCENTRE SECTEUR NORD	35
MRC DE MARGUERITE-D'YOUVILLE - COUR MUNICIPALE RÉGIONALE	32
MRC DE MARGUERITE-D'YOUVILLE - ÉCOCENTRE SECTEUR SUD	35
MRC MARGUERITE-D'YOUVILLE	11
OFFICE MUNICIPAL D'HABITATION DE CONTRECOEUR	44
OFFICE MUNICIPAL D'HABITATION DE SAINT-AMABLE	34

Alphabetical Index

OFFICE MUNICIPAL D'HABITATION DE SAINTE-JULIE	44
OFFICE MUNICIPAL D'HABITATION DE VARENNES	45
OFFICE MUNICIPAL D'HABITATION DE VERCHÈRES	45
OPEX SAINT-AMABLE	13
OUVROIR DE VARENNES (L')	36
PARTAJOIE SAINTE-JULIE	16
PHOBIES-ZÉRO	38
RÉGIE INTERMUNICIPALE DE POLICE RICHELIEU - SAINT-LAURENT	19
REGROUPEMENT DES MAISONS DE JEUNES DU QUÉBEC, SECTION MONTÉRÉGIE	4
RÉSIDENCE FLORENTINE DANSEREAU	45
SAINT-AMABLE - LOISIRS CULTURELS ET SPORTIFS	19
SAINT-AMABLE - MUNICIPALITÉ	20
SAINT-AMABLE PUBLIC LIBRARY	5
SAINTE-JULIE - CITY	20
SAINTE-JULIE - LOISIRS	16
SAINTE-JULIE PUBLIC LIBRARY	5
SERVICE DE DÉVELOPPEMENT ÉCONOMIQUE DE LA MRC MARGUERITE-D'YOUVILLE	4
SERVICES QUÉBEC - SAINTE-JULIE	28
SOCIÉTÉ POUR L'ÉPANOUISSEMENT DES JEUNES DE ST-AMABLE (LA)	47
SOS HANDICAPÉS	40
UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - VARENNES	43
UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - VARENNES	43
VARENNES - CITY	34
VARENNES - SERVICE RÉCRÉATIFS ET COMMUNAUTAIRES	20
VARENNES PUBLIC LIBRARY	8
VERCHÈRES - CITY	20
VERCHÈRES - LOISIRS ET CULTURE	21
VERCHÈRES PUBLIC LIBRARY	47